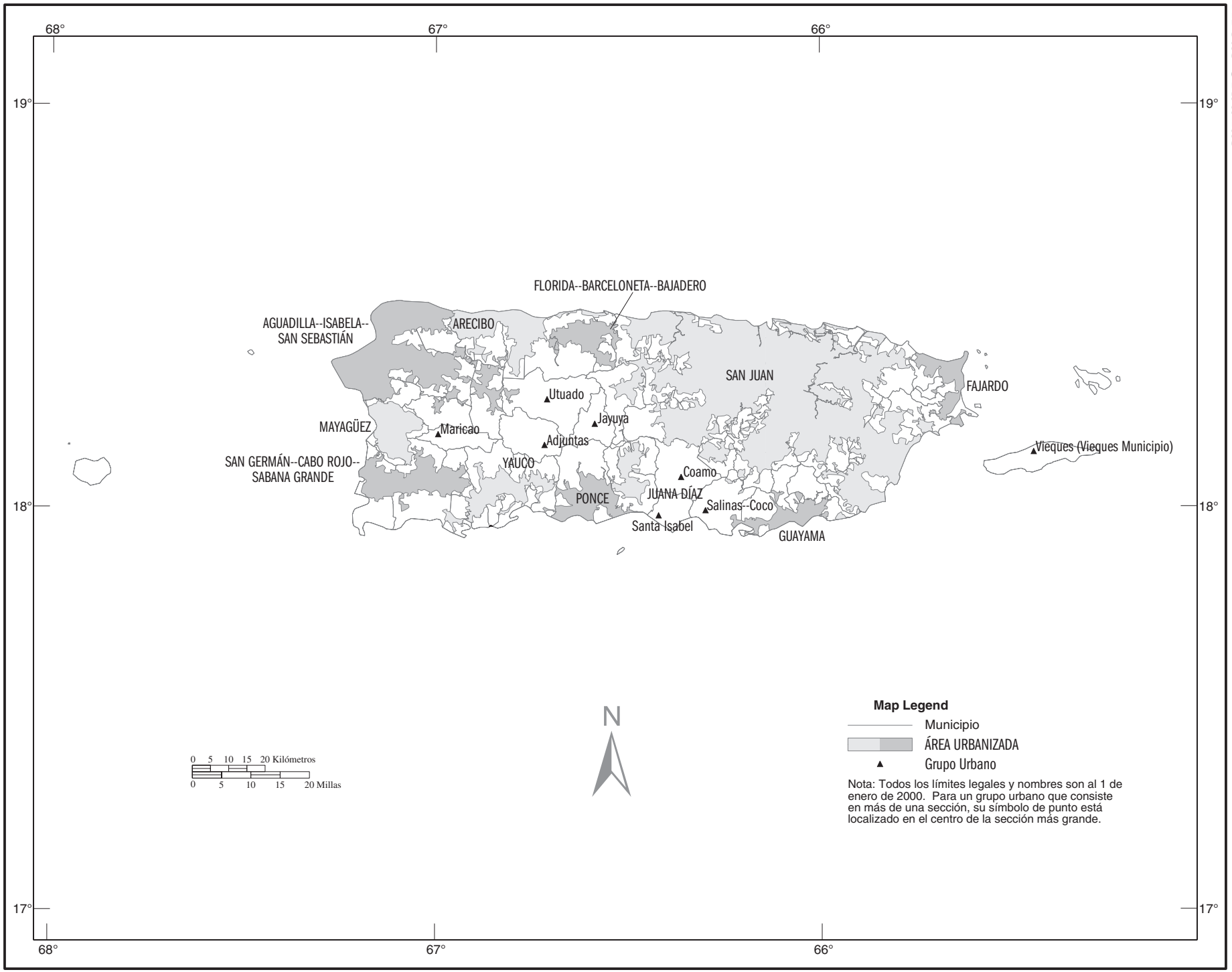Áreas Urbanas